

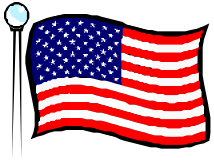
OKYEAME

August 31, 2006

American Embassy,
Accra

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The History of Labor Day

Labor Day: How it Came About; What it Means

"Labor Day differs in every essential way from the other holidays of the year in any country," said Samuel Gompers, founder and longtime president of the American Federation of Labor. "All other holidays are in a more or less degree connected with conflicts and battles of man's prowess over man, of strife and discord for greed and power, of glories achieved by one nation over another. Labor Day...is devoted to no man, living or dead, to no sect, race, or nation." Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

Founder of Labor Day

More than 100 years after the first Labor Day observance, there is still some doubt as to who first proposed the holiday for workers. Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a co-founder of the American Federation of Labor, was first in suggesting a day to honor those "who from rude nature have delved and carved all the grandeur we behold." But Peter McGuire's place in Labor Day history has not gone unchallenged. Many believe that Matthew Maguire, a machinist, not Peter McGuire, founded the holiday. Recent research seems to support the contention that Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. What is clear is that the Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic.

The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883. In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a "workingmen's holiday" on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.

Labor Day Legislation

Through the years the nation gave increasing emphasis to Labor Day. The first governmental recognition came through municipal ordinances passed during 1885 and 1886. From them developed the movement to secure state legislation. The first



CLO
Office Hours

Mon-Thurs
8am-5pm

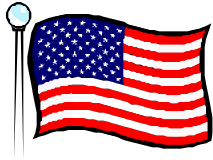
Fri
9:00 am-12:30pm

*If you have news,
classified, suggestions,
letters,
restaurant reviews etc.
for the Okyeame,
please write to the Editor,
Mikelle Antoine at:*

accraokyeame@yahoo.com
Deadline Monday 5pm

Please let us know what you would like to see in the Okyeame. Your suggestions, criticism and story ideas are most welcome!

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, suggestions and classified ads to accraokyeame@yahoo.com. Submission deadline is COB Monday of publication week. Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Ads will be run for three weeks and can be renewed. If an item is sold before the three weeks are up, please notify accraokyeame@yahoo.com. Ads and submissions are accepted based on appropriateness and relevance to the Embassy community. Okyeame is a Twi word meaning linguist, or chief's spokesperson.



History of Labor Day Continues from Page 1...

governmental recognition came through municipal ordinances passed during 1885 and 1886. From them developed the movement to secure state legislation. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During the year four more states — Colorado, Massachusetts, New Jersey, and New York — created the Labor Day holiday by legislative enactment. By the end of the decade Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 other states had adopted the holiday in honor of workers, and on June 28 of that year, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.

A Nationwide Holiday

The form that the observance and celebration of Labor Day should take were outlined in the first proposal of the holiday — a street parade to exhibit to the public "the strength and esprit de corps of the trade and labor organizations" of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the pattern for the celebrations of Labor Day. Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday. Still later, by a resolution of the American Federation of Labor convention of 1909, the Sunday preceding Labor Day was adopted as Labor Sunday and dedicated to the spiritual and educational aspects of the labor movement.

The character of the Labor Day celebration has undergone a change in recent years, especially in large industrial centers where mass displays and huge parades have proved a problem. This change, however, is more a shift in emphasis and medium of expression. Labor Day addresses by leading union officials, industrialists, educators, clerics and government officials are given wide coverage in newspapers, radio, and television.

The vital force of labor added materially to the highest standard of living and the greatest production the world has ever known and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pay tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership — the American worker. Source: www.dol.gov

Ghana Public Holidays

Below are listed Public Holidays for the January 2006-June 2007 period.

Jan 1 2006: New Year's Day.

Jan 10: Eid al-Adha (Feast of the Sacrifice).

Mar 6: Independence Day.

Apr 14: Good Friday.

Apr 17: Easter Monday.

May 1: Labor Day.

May 25: Africa Day.

Jun 4: Anniversary of the 1979 Coup.

Jul 1: Republic Day.

Oct 22-24: Eid al-Fitr (End of Ramadan).

Dec 1: National Farmers' Day.

Dec 25-26: Christmas.

Dec 31: Revolution Day; Eid al-Adha (Feast of the Sacrifice).

Note

Muslim festivals are timed according to local sightings of various phases of the moon and the dates given above are approximations. During the lunar month of Ramadan that precedes Eid al-Fitr, Muslims fast during the day and feast at night and normal business patterns may be interrupted. Many restaurants are closed during the day and there may be restrictions on smoking and drinking. Some disruption may continue into Eid al-Fitr itself. Eid al-Fitr and Eid al-Adha may last anything from two to 10 days, depending on the region. Source:

www.africa.com

The Mossi of Northern Ghana and Burkina Faso

Art: The Mossi make both political art and spiritual art. Figures are used by the ruling class to validate political power, and masks are used by the conquered peoples to control the forces of nature. Each year at the annual celebrations of the royal ancestors, figures of the deceased kings are displayed. On many occasions each year, especially during the long dry season from October to May, masks appear to honor the spirits of nature that control the forces of the environment. The several mask styles reflect the diversity of the population before the 15th century invasion. Long tall masks in the north are made by the descendants of the conquered Dogon population, while red, white, and black animal masks in the southwest are made by descendants of the conquered Gurunsi peoples.

History: The Mossi states were created about 1500 A.D., when bands of horsemen rode north from what is now northern Ghana into the basin of the Volta River and conquered several less powerful peoples, including Dogon, Lela, Nuna, and Kurumba. These were integrated into a new society called Mossi, with the invaders as chiefs and the conquered as commoners. The emperor of the Mossi is the Moro Naba, who lives in the ancient and contemporary capital, Ouagadougou. In the centuries between 1500 and 1900 the Mossi were a major political and military force in the bend of the Niger River and were effective in resisting the movements of Muslim Fulani armies across the Sudan area of west Africa. In 1897 the first French military explorers arrived in the area and staked French colonial claims. During the sixty years of French colonial rule the Mossi population was exploited as a source of human labor for French plantations in Côte d'Ivoire. In 1960 Burkina Faso gained its independence from the French. The first elected president Ouezzin Coulibaly was succeeded by Maurice Yameogo, a Mossi. In 1967 a coup-d'état put in place a military government that has ruled with infrequent change ever since.

Economy: The Mossi are primarily farmers, raising millet, sorghum, maize, sesame, peanuts, and indigo. The latter three are cash crops that are raised for export. Large numbers of Mossi live in the urban centers of Ouagadougou, Ouahigouya, Kaya, Yako, Koudougou. During the colonial period the French exercised a policy of deliberate underdevelopment intended to force Mossi laborers to leave their homes following the harvest and migrate by the French-built railroad to Côte d'Ivoire where they worked in French-owned factories and plantations. From the founding of the Mossi states to the present the economy of Burkina Faso and of the Mossi benefitted from their position astride major trade routes between the forest and the desert and from the open trade policies of the government surrounded by countries such as Ghana and Mali which restricted trade.

Politics: The Mossi are unique in Burkina Faso for their centralized and hierarchical political system. The nakomse are the ruling class and are directed descendants of the first invaders from the south. At the apex of political hierarchy is the emperor (Moro Naba), whose palace is in Ouagadougou, the capital of Burkina Faso. Chiefs (nabas) rule over each of the regions of Mossi country and pay homage to the emperor. Each chief presides over a political hierarchy of local officials who are responsible for raising armies, levying taxes, etc. The nyonyose are the descendants of the conquered peoples who lived in the region before the Mossi arrived.

Religion: The descendants of the conquered farmers (nyonyose) honor nature spirits that provide them with supernatural power to control the weather, disease, crop failure, and general well-being. These are the "invented spirits" that become important as the congregation faces a particular affliction and which decrease in influence as the problem is solved. These spirits are often represented by masks and figures that make them visible and concrete. The spirits themselves provide, through the diviner, the religious laws that govern the community and so provide a system of sacred rule. The creator god Wennam is associated with the sun and with the political hierarchy (nakomse). The spiritual power of the nyonyose based on nature spirits is in direct opposition to the secular power of the nakomse based on the horse and associated with the sun. Among the most important religious celebrations are annual sacrifices to honor the memories of the royal ancestors, when each and every male head of a household reaffirms his dependence on the benevolence of the chief and his ancestors for health and well-being of his family.

Source: www.uiowa.edu/~africart/toc/people/Mossi.htm

Skin Cancer Prevention and Detection

Skin cancer begins in cells, the building blocks that make up the skin. Normally, skin cells grow and divide to form new cells. Every day skin cells grow old and die, and new cells take their place. Sometimes, this orderly process goes wrong. New cells form when the skin does not need them, and old cells do not die when they should. These extra cells can form a mass of *tissue* called a growth or *tumor*.

Types of Skin Cancer

Skin cancers are named for the type of cells that become cancerous. The two most common types of skin cancer are *basal cell cancer* and *squamous cell cancer*. These cancers usually form on the head, face, neck, hands, and arms. These areas are exposed to the sun. But skin cancer can occur anywhere.

- **Basal cell skin cancer** usually occurs on areas of the skin that have been in the sun. It is most common on the face. Basal cell cancer rarely spreads to other parts of the body.
- **Squamous cell skin cancer** also occurs on parts of the skin that have been in the sun. But it also may be in places that are not in the sun. Squamous cell cancer sometimes spreads to *lymph nodes* and organs inside the body.
- **Melanoma** is a much less common form of skin cancer, however it is the most serious.

Studies have found the following risk factors for skin cancer:

- **Ultraviolet (UV) radiation:**
- **Scars or burns** on the skin
- **Infection** with certain *human papillomaviruses*
- **Exposure to arsenic** at work
- **Chronic skin inflammation or skin ulcers**
- **Diseases that make the skin sensitive to the sun**, such as *xeroderma pigmentosum*, and *albinism*
- **Radiation therapy**
- **Medical conditions or drugs that suppress the immune system**
- **Personal history of one or more skin cancers**
- **Family history of skin cancer**
- **Actinic keratosis:** Actinic keratosis is a type of flat, scaly growth on the skin. It is most often found on areas exposed to the sun, especially the face and the backs of the hands.

How To Do a Skin Self-Exam

The best time to do this exam is after a shower or bath. You should check your skin in a room with plenty of light. You should use a full-length mirror and a hand-held mirror. It's best to begin by learning where your birthmarks, moles, and other marks are and their usual look and feel.

Check for anything new:

- New mole (that looks different from your other moles)
- New red or darker color flaky patch that may be a little raised
- New flesh-colored firm bump
- Change in the size, shape, color, or feel of a mole
- Sore that does not heal

Check yourself from head to toe. Don't forget to check your back, scalp, genital area, and between your buttocks.

- Look at your face, neck, ears, and scalp. You may want to use a comb or a blow dryer to move your hair so that you can see better. You also may want to have a relative or friend check through your hair. It may be hard to check your scalp by yourself.
- Look at the front and back of your body in the mirror. Then, raise your arms and look at your left and right sides.
- Bend your elbows. Look carefully at your fingernails, palms, forearms (including the undersides), and upper arms.
- Examine the back, front, and sides of your legs. Also look around your genital area and between your buttocks.
- Sit and closely examine your feet, including your toenails, your soles, and the spaces between your toes.

By checking your skin regularly, you will learn what is normal for you. It may be helpful to record the dates of your skin exams and to write notes about the way your skin looks. If your doctor has taken photos of your skin, you can compare your skin to the photos to help check for changes.

If you find anything unusual, see your doctor. References:

<http://www.cancer.gov>

Some common appearances of skin cancers:





Pet Care In Accra

Too Much Heart: A Problem for Middle-Aged Cats



Kim Marie Labak
Information Specialist
[University of Illinois](#)
[College of Veterinary Medicine](#)

Hypertrophic cardiomyopathy, which is a thickening or overgrowth of heart muscle, is a common heart condition seen in cats, and also happens to be one of the leading causes of sudden heart failure in athletic young men.

When we lift weights, our muscles get stronger and bigger. Likewise, heart muscle also grows with exercise or other increased workload. Under normal conditions, strengthening of heart muscle is usually beneficial. However, Dr. David Sisson, a veterinary cardiologist formerly with the University of Illinois Veterinary Teaching Hospital in Urbana, explains that when heart muscle growth is uncontrolled due to genetic or hormonal abnormalities, the ventricular walls can become thickened, leaving less room in the ventricles for blood.

Thickened ventricle walls also lose their ability to expand, further impairing the heart's ability to fill with blood. If the heart cannot fill with sufficient amounts of blood, heart failure results.

Often, the cause for hypertrophic cardiomyopathy in a cat is idiopathic, or unknown. Dr. Sisson says there is evidence that many cases may be due to an inherited genetic defect that does not become apparent until a cat is middle-aged.

Other cases of hypertrophic cardiomyopathy are caused by hyperthyroidism, a common disease in older cats, in which benign thyroid tumors produce excess T4, or thyroid hormone. T4 increases the heart rate, and the heart muscle thickens in response to this increased workload. T4 can also directly cause the heart muscle to thicken by signaling the heart cells to enlarge. Fortunately, hyperthyroidism is very treatable, and once this is treated, the resulting cardiomyopathy is also resolved.

Dr. Mark Oyama, also a cardiologist at the Veterinary Teaching Hospital, explains that the idiopathic form is treatable, but is more difficult to catch early, before it causes heart failure or blood clots. The prognosis for cats with heart failure or a clot are poor, but if a veterinarian diagnoses a cardiomyopathy before these happen, drug therapy can add several quality years to a cat's life.

The question is: how do veterinarians catch this condition early? Heart murmurs accompany cardiomyopathies in only about half of the cases, so a veterinarian will not always "hear" a problem through a stethoscope. Often thickened ventricular walls can be seen on ultrasound images, but as in human medicine, ultrasound is too expensive and impractical to use as a screening test for all middle-aged cats.

Currently, an efficient screening test in human medicine is used to measure levels of brain natriuretic peptide, or BNP, a hormone produced by heart muscle. This simple blood test can tell doctors when BNP levels are abnormal, indicating that an ultrasound is in order to look for heart abnormalities.

Since feline BNP is very different from human BNP, this test does not work for cats, but Dr. Sisson and colleagues, through their research at the University of Illinois, have developed a biochemical test for feline BNP that may be commercially available to veterinarians within the next few years. With a test like this, veterinarians would be able to screen middle-aged cats for heart conditions before the cats display any signs of disease.

For more information about hypertrophic cardiomyopathy or other feline heart conditions, contact your local veterinarian or visit the Web site of the American College of Veterinary Internal Medicine at www.acvim.org and click on "Pet Owners & Public."

AROUND TOWN

North American Women's Association

promotes friendship among North American women, and between North American & Ghanaian women. Also fundraising for Ghanaian charities, especially those focused on women & children. Meetings start at **6:30 pm** with food and fellowship and the business meeting will follow, at the Coconut Regency Hotel behind Immigration. Their book *No More Worries* can also be found at

www.noworriesghana.com For more info go to www.nawaghana.com or call Carol Pietryk tel. 0242-108273 or email at jcpietryk@yahoo.ca.

Ghana International Women's Club Formed in 1980 with the intention of establishing a strong bond of friendship among 'women of the world', and fostering a better understanding of one another's cultures. Members organize fundraising events and volunteer work. Monthly meetings every 2nd Wed at **Kohinoor Restaurant in Osu** at 9:30 am. **GIWC is on summer break until Wednesday September 13th, 2006**

Ghana Bead Society Develop knowledge, appreciation, and interest in beads in Ghana, both from a traditional and contemporary point of view. Monthly meetings at the DuBois Center, East Cantonments; 4:30 pm, first Thursday of each month. Contact Trish Graham at 764-349 or e-mail: trish_graham@hotmail.com.

Alliance Française Provides French classes for children and adults, and hosts numerous cultural events. Located on Liberation Link Road, Airport Residential. Tel: 773-134.

American Chamber of Commerce promotes commercial, economic, educational and cultural ties between the U.S. and Ghana. Their regular luncheon meetings are on the last Wednesday of the month at La Palm from 12-2:30. Tel: 247-562, 024-251-605. E-mail: amchamgh@ghana.com; Website: www.amcham_africa.org. Located at Hse #C609/3 5th Crescent St, Asylum Down.

Scottish Country Dancing which normally takes place on Tuesday nights at the Grasscutters Return, British High Commission, **is now on a Spring-Summer Break and will resume later in the year.** For more information contact Michael Watts at michael.watts@international.gc.ca or caledonianghana@yahoo.co.uk

Accragio, a singing group open to expatriates and Ghanaians, is preparing its fall program and welcoming new singers. For more information, call Nate at 774-558. Rehearsals take place every Tuesday night at 7:30 p.m. in Labone.

Energize yourself and reduce stress with

Hatha Yoga at YMCA Mon-Wed-Friday, 5:30 pm - 7 pm. Contact Peace on 024-422-6079 or 775-348 ext. 4277.

The International Players The International Players is a local amateur dramatic group that performs publicly. Anyone interested in amateur theater is invited to participate. For information contact: Trish Graham at 764-349 or e-mail: trish_graham@hotmail.com.

Bunko is up and running here in Accra! Fast paced, easy to learn, no skill required, (**ladies only!**) dice game. We meet monthly at rotating houses. For more info or to sign up, email Kylie at edhmcir@hotmail.com.

Theater Mirrors. A local Ghanaian acting troupe, begun in 1986, whose members perform every Friday night at **Bywel Bar**, located across the street from Sotrec Grocery in Osu. Admission is free. 8 PM. The acting group is also available for private performances. Call 024-678956 for details.

Ghana National Theatre Monthly Symphony Program "Sunday at Five" held the last Sunday of every month **is now at Christ the King Parish Hall due to renovations.** Still at 5 pm, still a bargain at 20,000 cedis, 665-735 or 663-467.

Friends of Bill W. Meet Monday evenings 7-8 pm near the Cathedral in Adabraka. Contact Ludwin 020-2018540 or Lydia 024-611385.

Happy Hour Fridays at 5:30 pm an informal group meets for unwinding at the Labone Coffee Shop. All are welcome.

Hash House Harriers (Accra) The Hash House Harriers has been described as a '*drinking group with a running problem.*' However, non-drinkers and walkers are welcome. The Hash runs every Monday, with a 5:15 pm sharp departure. Location varies. Contact acrahhh@yahoo.com for details.

Hash House Harriers (Tema) is composed of Ghanaians and expats in and around the Tema area and welcome families with children. Every Thursday at 5:15 April thru October and 5:00 pm November thru March. Contact Frank Davis, at frank.davis@valcotema.com or call 020-201-1525 for information on directions to starting point.

Duplicate Bridge group meets every Tuesday night at 7:30. Any questions please contact Gerry Gray Thibodeau for information or to arrange a partner, 021-775-414. (evenings)

Pick-up Soccer IS CURRENTLY SUSPENDED. STAY TUNED!

Pick-up Basketball Tuesday evenings (6-8 pm) at GIS. Everyone is invited to join the fun. For additional information, please contact Ted

Lawrence (tlawrence@usaid.gov) or Rob Clausen (rclausen@usaid.gov). They can also be reached by telephone at 228-440.

Pippa's Health and Fitness Center in Osu runs **Tumble Tots** on Monday, Wednesday and Friday from 9:30-11:45 am for 40,000 cedis a day. Toddlers can run around, play, and climb on the gym's tumble equipment and meet other toddlers in the area. Parents or nannies are welcome. Call 22 44 88 for more info.

Mom/Dad & Tots (3 and under) at British High Commission Grasscutters Return. Wednesdays 9:30-11:15 am.

Taekwondo at Pippa's Health and Fitness Center. Adults and kids are welcome. Learn from National Champion Master Stephen Yeboah. Call for registration: 22 44 88.

Frisky's International Film Buff Club views films Tuesdays 7pm. Call Ian at 0244 363017 or Katya at 024 329679 for directions or to receive a map by email.

Free Meditation!! Each Wed at 11 a.m. and Thurs at 6 p.m. At the GMCKS Pranich Healing Center, 1st floor, Pyramid House, Ring Road central (Next to Alitalia). Website: www.pranichealing.org Phone: 021 270162 Services offered: Healing, Courses and Meditations

International Spouses Association of Ghana (ISAG) Are you a non-Ghanaian married to a Ghanaian? If yes, then come and meet others in a similar relationship. First Wednesday of every month at 5.30pm at Ghana International School film room. It's fellowship with some serious bits! For more information, contact Judd on 024-476-7063 or Nina on 024-477-8229 or email isag@ighmail.com

Women's pick-up soccer game, every Sunday, from 4-6, at Lincoln International School. A great way to get in shape! Experience not necessary! If directions are needed, contact Nansie Ike at: nansiei@xsmail.com.

The **Accra Tema Yacht Club (ATYC)** is in Ada on the Volta River, 1½ hours from Accra, close to Manet Paradis Hotel. Races of catamarans and sail boats are held monthly. ATYC has 3 Lasers available for daily or hourly rental, a small bar and four chalets where members may stay overnight. **New members are welcome** as are day visitors for which a nominal daily charge is payable. Contact dmcallagy@gmail.com -or- Duncan.macnicol@asc-gh.com

African American Association of Ghana (AAAG). General meetings held every third Saturday of the month. 2-4pm at the W.E.B. Dubois Center in Cantonments. For more info call 021-785438 or sankofaaaag@yahoo.com

Community News and Events

YOGA!!

Yoga now meets Monday night at 7pm in Tasneem's tranquil garden setting. Call Peace on 775348 ext. 4277 or 024-4226079 to join the class!

The North American Women's Association (NAWA)

Invites North American ladies to a Welcome Brunch on Saturday, September 9, 2006, from 9:30 - 11:30 a.m. at the Canada Club at the Canadian High Commission on Independence Avenue. Come and enjoy a time of socializing with other ladies, discover what NAWA is about, and enjoy musical entertainment. Please RSVP by September 2, 2006 if you will be able to join us.

RSVP: addo_cordelia@hotmail.com or contact@nawaghana.com

Looking for French Lessons?

There are a number of ways to learn French available here in Accra!

- Alliance Française in Accra offers French courses www.alliancefrancaiseghana.com

There are also private lessons available

- Youri @: 027-744-9398 or 021-323-674
- Boris Dabla 0243 471 593

Women in Progress

An NGO based in Cape Coast, we offer 1/2 day cultural workshops:

- Batiking
- Drumming/Dancing
- Ghanaian Cuisine
- Fishing Village Excursion

Just call a few days in advance to book a workshop [042-36883 or 0242-342-361]. **Combine your weekend with a cultural workshop!**

A highlight of events taking place at British Council in Sept.

Friday 1 September

CIM UK Ghana Branch Inauguration of New Executives -1800 -2000

CIM UK Ghana Branch will be ushering in new executives of the branch in ceremony that will take place at British Council.

Friday 8 September

Night of the Tenor 1830 2000

Edmund Gaisie, a highly acclaimed 'Tenor' is organising a musical concert dubbed the Night of the Tenor' in attendance will be the National Symphony Orchestra and the Calvary Junior Choir of the Calvary Methodist Church.

Tuesday 19th September

EUK brand relaunch 10.00 - 13.00

This event is the official launch of the refreshed Education UK Brand.

The Education UK brand defines and unifies the UK's educational offer, worldwide. It sums up everything it stands for and delivers - from academic excellence to attitude; from career value to lifestyle and culture, and much more besides. The brand is the unique identity that distinguishes Education UK from its competitors in the rest of the world.

Thursday 21st September

UN International Day of Peace 0900-1400

The International Centre for Conflict & Human Rights Analysis is launching a campaign entitled 'Walking a noble path' as part of the United Nations International day of Peace campaign.

Thursday 21st September

Border Crossing Literary Club Public Reading 18.00 - 20.00

The Borders Crossing Literary Club is group of members who participated in a British Council initiative entitled Crossing Borders. The event would feature a public reading by members of some of their works based on '**Africa Proverbs and their meanings**'.

Friday 22nd September

Family Tree Foundation Inaugural launch

This event is the official launching of Family Tree Foundation a new NGO.

The event will feature speeches by ranking government officials, dignitaries, members of the diplomatic corps and traditional chiefs.

Friday 29th September

Macmillan Writer's Prize Awards ceremony in Ghana 18.00 - 20.00

CLASSIFIEDS

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, and classified ads to accraokyeame@yahoo.com. Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Submission deadline is 5pm Monday of the publication week. Ads will run for 3 weeks and can be renewed. If an item is sold, please notify accraokyeame@yahoo.com. Send your classifieds to accraokyeame@yahoo.com.

WANTED

Seeking competent Brazilian Portuguese language instructor. Please call Judy at 0244 327 424

My wife and I are **looking** to pick up a used refrigerator/freezer and chest freezer in good shape and working good. If you know of any one that might be moving and want to sell, please let them and us know. My phone (Berry Brown) 024 298 5194. My wife's phone (Tracey Brown) 024 258 1592 (3)

We are urgently **looking** for a Nanny for our daughter (16 months old). Please call 0246-624607 or email ines.beernaerts@fao.org

SEEKING EMPLOYMENT

HOUSEKEEPER/COOK: Abel is Beninois housekeeper/cook who speaks good English, utterly honest and humble, cooks a variety of French, American and Continental dishes, cleans, washes/irons clothes. Avlb. September 4. more info, Lydia at: 0244-330-199.

Bilingual French/English chauffeur seeking work, part-time or full-time. Call Yao Gbessa at 0242-97-03-83 or 0244-92-99-87. (3)

Chef Max Kouessi is available for work as a personal chef. He has fed our family of six for the last year and knows how to make a variety of dishes including Mexican and American. His home-made tortillas are among the best available! He's also an expert at planning meals for large gatherings. Max can be reached at 0244-703-911. (2)

Domestic Regina Egbe is seeking employment. She is an excellent nanny and very smart and quick to learn. For more info contact VerrierRP@state.gov

Club Canada

invites Diplomatic Staff and Canadians to

International Night

Thursday 7th September, 2006 at 7:00 pm

Venue: Club Canada Canadian High Commission

42 Independence Avenue Accra

Burgers, hot dogs, snacks and beverages for sale

Come greet old friends and meet new arrivals!!

Please bring your Embassy/Consulate badge or appropriate identification

Age 19 years and over only

Special Drink: " Newfoundland Glacier Vodka Martini"

CLASSIFIEDS

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, and classified ads to accrao-kyeame@yahoo.com. Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Submission deadline is 5pm Monday of the publication week. Ads will run for 3 weeks and can be renewed. If an item is sold, please notify accrao-kyeame@yahoo.com. Send your classifieds to accrao-kyeame@yahoo.com.

MISCELLANEOUS	VEHICLES FOR SALE	2003 Volvo S40 Saloon car, black leather seats, AC, airbags, alarmed, power steering, AM/FM stereo, power doors and locks. Fully loaded, low mileage \$20,000. Duty paid. Call 020 813-6962
<p>Moving Sale: 1 2.5-horsepower window A/C unit (serviced every 3 months) - asking \$150; 1 1.5-horsepower window A/C unit (serviced every three months) - asking price 2 king-size beds with mattresses (one in guest room, barely used) - asking price \$100; 1 twin bed - asking price \$50; 1 wooden crib w mattress - asking price \$50 ; 24" Sony multi-system TV - asking price \$150 All of the above items are in good condition. Please call Heidi at 0244-868-030 for more information. (3)</p> <p>For Sale: 2004 Toyota Prado GX 3.0L Diesel. Silver. 18.500 km. CD. \$28.500 or best offer (BO); Whirlpool chest freezer (478 liters): \$475 or BO; Whirlpool refrigerator (480 liters): \$625 or BO; Whirlpool stove/cooker (5 burner): \$725 or BO; Whirlpool 1.5 HP split: \$500 or BO; Whirlpool washing machine (top loading): \$675 or BO; Trampoline and enclosure: \$1000 or BO; Above ground Intex swimming pool (4.5 m diameter/1 m depth/filtration/filters): \$750 or BO; Outdoor wooden play set: \$850 or BO; Exterior aluminum ladder (2 stories): \$150 or BO; DSTV dish/dual system; Baby hi-chair and sleeper; Garbage bin. Call 0243 310 497 or 0243 310 496. (2)</p> <p>For Sale: Dell Dimension 4700 Pentium 4 Processor Can support a max memory of 4 GB 17" Flat Screen Monitor \$750.00 - Available immediately. (2) I can be contacted on: 0244-329073. (2)</p> <p>For Sale: A beautiful puppy (almost 3 months old) is available for sale by the breeder. It's a male and he's going to be a big dog. If you are interested, please contact Margaret Asare at the above email or at 0244 361 078 (3)</p> <p>KITTENS FREE to a good hom: Three adorable kittens about two months old. Take one, two or all! (3)</p>	<p>2001 Toyota model 40,000 miles. Automatic Power windows and doors. Sunroof CD player and tape deck. Duty Free Excellent condition, regular maintenance, new tires. Available end of September Price \$13,000 Call 0243 365 160 for more details. (2)</p> <p>1998 Land Rover Discovery Built-in security system: the colour, the dents, the rust.....would you steal this car? Would you give \$4,000 for it (if a diplomat, or \$7,000 including duty if not)? Vvery good mechanical condition, and regularly serviced by Mechanical Lloyd. Turquoise colour. It may not look good but it works.... If interested, contact John Payne British Council after 10th September. Tel 021 223828, 683068, 0244 331886 or John.Payne@gh.britishcouncil.org (3)</p> <p>VW POLO CLASSIC (1999 Model) In very good condition. (Dark grey color) 91000 kms Alloy Wheels, AC, Power Windows 5/Speed Transmission Sound System Price = \$ 5000.00 DUTY TAXES PAID Call: 0244 320160 OR 021 222766 (9 am - 5 pm) (3)</p> <p>Mazda 6, 2.0, 2004 Model - Grace Green Mettalic, 21,700km, 1 Owner, Full Service History, Full Options, ABS, C/C, CD, Alloy Wheels, a/bgx6, Brand New Condition. Call 0242 847 298 \$24,000 Nissan Corolla, 2000 - grey, e/c, c/c, rd/c, Full Service History \$10,000- Call 665052 (2)</p> <p>Audi A4 1.8T, 1997 Model, - Brown Mettalic, CD, Alloy Wheels, Leather Seats, Sunroof, 1 Owner, Full Service History, Good Condition, Affordable Call 665052 Taxes have been paid for the two above cars! (3)</p> <p>1994 OPEL ASTRA S/WAGON Silver, 90,000kil, in very good condition. 1st owner in Ghana, Strong engine. New water pump, battery, Thermostat, AM/FM CD player. \$4500. Marton 024 335 2892 martonm@sas.upenn.edu (3)</p> <p>FOR SALE: Expat leaving - items for sale include: living room furniture, GE washing machine & dryer, LG refrigerator, Sony TV (34 ins) & lots of other attractive household items For more info: please contact mob no. 021-271092 or 0244972174 (2)</p> <p>For Sale: Navy blue, Italian leather sofas for sale, One 2 seater & one 3 seater, slightly used \$1500 ONO please call 020 813-6962 (2)</p>	<p>Car for Sale Peugeot 306 HDI Station Wagon, 2000-model, 73.000 km (50.000 of which in Germany), only used in Accra, all kinds of extras, extremely fuel efficient, serviced regularly. Asking price Dollar 7.500.- (or equivalent) or highest bidder. Taxes not paid. Mobile: 020-2013161, Office: 021-772471 & 772687. Email: fes-ghana@myzipnet.com (1)</p> <p>CDs for Sale Peace Corps Volunteer and musician Tonya Stephenson, who lives and works in a small community near Bolgatanga, is selling CDs to support the Tengzug Youth Choir. The choir, which was formed in 2005, has 15 girls and boys ages 12-16. Proceeds from the sale of the CDs will provide support for the choir members to attend Senior Secondary School. The songs are in Talan (local language), Frafra, Zulu, and English. If you are interested in purchasing a CD and helping to support this worthy project you can contact Mary Jordan (spouse of Karl Field) at 0243 833 010. (1)</p> <p>CO-CLO POSITION STILL OPEN FOR AMERICAN EMBASSY FAMILY MEMBERS ONLY!!! CALL Rich Marsh in Human Resources for more info.</p> <p>Have you seen a great movie? Read a great book? Eaten at a great restaurant? Why not share your great find with the rest of us? Send it to accrao-kyeame@yahoo.com</p> <p>Famous Quotes: Do me a favor during the rainy season, and I shall do the same for you during the dry season. African proverb</p>